

# Regional Ethics Committees



**Guidance. Support. Advocacy.**



**NJ Office of the Ombudsman  
for the Institutionalized Elderly**  
**1-877-582-6995**  
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## Difficult Decisions

As individuals grow older and struggle with advanced illness and frailty, they, their families, and their care providers will likely be faced with difficult decisions about their care and treatment.

Decisions can include whether to provide or remove particular treatments, such as dialysis or artificial nutrition, adjust medications, or refer to palliative care or hospice.

For individuals in long-term care communities, the Ombudsman provides support and ensures that decision-making is resident-focused and consistent with ethical and legal standards.

One way the Ombudsman does that is through Regional Ethics Committees (RECs). RECs provide an impartial, comprehensive evaluation and assessment of the situation and offer non-binding recommendations to the individuals involved.

RECs provide much-needed education, conflict resolution, and ethical guidance to facilities and families when difficult decisions need to be made.



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**1-877-582-6995 - [www.nj.gov/ooie](http://www.nj.gov/ooie) - [ombudsperson@ooie.nj.gov](mailto:ombudsperson@ooie.nj.gov)**

# New Jersey's Long Term Care Regional Ethics Committees

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<i>Region/County</i>	<i>Contact</i>	<i>Phone Number/ Email</i>
Statewide	Jennifer Marsalis	(609) 826-5034 Jennifer.Marsalis@advocate.state.nj.us
Essex	Rabbi Zvi Karpel	(973) 400-3363 rkarpel@daughtersofisrael.org
Hunterdon & Warren	Ann St. John	908-319-1259 astjohn@co.hunterdon.nj.us
Passaic, Morris & Sussex	Margaret Nolan	(973) 632-9438 mnolan@care-one.com
Union	Michelle Fagan	(973) 508-5389 mfagan@barnabashealth.org
Bergen & Hudson	Helaine Ledany	(201) 768-6222 hledany@buckinghamcc.com
Ocean (Northern)	Margy Gosnell & Bernie Branz	(908) 910-4056 magosnell@yahoo.com (609) 290-4964 Bernie@rightathomeocean.net
Monmouth & Eastern Middlesex	Judith Parnes	(732) 493-8080 elmcares@aol.com
Southern New Jersey	Janet Gasbarro	(609) 287-7466 sojea@ymail.com
Ocean (Southern)	Christina Ulinski Ping &  Christine D'Zio	(609) 597-2500 cping7@comcast.net  (609) 978-0600 ncnmdzio@comcast.net
Camden, Gloucester & Burlington	Jane Knapp	(856) 364-0052 jane@rahsj.com